

The Carswell Field **FLYER**

November/December Vol 6 | Issue 6

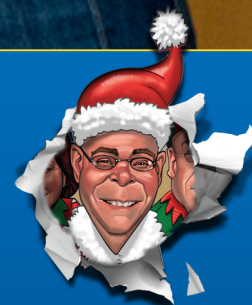
Texas Air National Guard | Fort Worth, Texas



Home for the Holidays **136 SFS homecoming at DFW Airport**

Governor's 20 Combat Pistol Match
Holiday Celebration
Changes in UTA Schedule

Stories in this issue...read on.



Christmas is coming !

Commander's Comments

Welcome to December UTA



Col. John J. Conoley III
136 AW Commander

Wow, December drill is already here! The Holiday Season comes faster every year. Hope everyone enjoyed the festivities during November drill. Be sure to thank Laura Wedel and the Family Readiness Group for putting on another fantastic Christmas party. As always, your kids kept Santa busy to the very end! You have to admit, Chief Chavers makes a pretty good giant elf! It was also nice to have a sneak visit from Congressman Marc Veasey, U.S. Representative from District 33. He is a proud supporter of our unit, as well as a great ally to have fighting for us in DC.

The Hometown Heroes was just as exciting. I consider it a true honor to have been a part of the Hometown Heroes' recognition ceremony. We have so many great patriots in our unit that have sacrificed so much for our nation. The ceremony was a small token of appreciation for all that they have done.

By the way, we have another change in our inspection schedule. Because an airshow has been scheduled over our April drill, we had to move up our April UTA to 12-13

April. As a result, AMC/IG has moved our Unit Effectiveness Inspection to 19-27 June, causing us to reschedule our June UTA to 21-22 June. May UTA still remains 17-18 May. Please adjust accordingly. The updated UTA schedule will reflect these changes.

I wish everyone a safe and happy holiday season this year. With winter just a week away, remember to build risk management into your daily routine. Icy roads can really play havoc with travel plans. So, be careful and have a Merry Christmas and a Happy New Year!

As always, have fun and enjoy your drill!



Col. John Conoley, commander, 136th Airlift Wing presents a lithograph of the C-130 Hercules to Congressman Marc Veasey (D), U.S. Representative from the 33rd District, along with his son at Naval Air Station Fort Worth Joint Reserve Base, Texas, Nov. 17, 2013. (Air National Guard photo by Airmen Cody Witsaman/released)



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FLYER
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**AIR NATIONAL
GUARD**

Cover Photo by
Senior Master Sgt. Elizabeth Gilbert
136th Airlift Wing/Public Affairs



Santa and Mrs. Claus ride the Snowball Express trolley after deplaning from the C-130 aircraft arriving from the North Pole and landing at the 136th Airlift Wing to give cheer to boys and girls. ((Air National Guard photos by Airman Cody Witsaman/released)

Recipe for **holiday** cheer

Commentary by Senior Master Sgt. Elizabeth Gilbert
136th Airlift Wing Public Affairs

In general, human beings aspire to do what is good. Doing good inspires people to give to those who are lacking. To those who are lacking, holiday cheer is a recipe that can transform even the bluest of hearts into a hopeful heart.

What is this holiday cheer made of you ask? The question is not what but why do we make holiday cheer. ?

When I was in high school my father decided to take our family on a road trip from Chicago to Texas. With

enough food and money to last for a one-week round trip, eight people packed in a small Winnebago and we hit the road heading south.

We often stopped at highway rest stops for a picnic, to stretch our legs and have a chance to see the countryside. By day four we had seen America through the rest stops and met some interesting people.

At a particular rest stop somewhere between Texas and Oklahoma, we met a family consisting of mom, dad

and six young children. The father was standing outside the men's room with a sign, "Please help, out of gas money, need to get home."

The man looked desperate as his children began to whine, complaining of hunger.

His wife held two babies, each crying for food. They were tired and hungry; stuck in a rest stop with no food or money.

My dad, called us all together. Following his instructions, we gathered all

CHEER continued on page 4

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the food we had left for our final two days of the trip. Dad checked the gas tank to ensure we had a enough to last all the way home.

He then gave most of the money in his pocket - \$60 - and all our food to the family in need.

We headed back home after five days on the road.

That event left such an indelible impression upon me to this day.

Later, I asked my dad why he helped that family, since we didn't have much ourselves.

and He said, "Giving makes you feel

feelings. But doing good, gives them a clear conscience or a good feeling.

I remember that day when we gave all we had to a family in need; it was a feeling of satisfaction, like the warmth of the sun shining upon my face on a cold winter day.

So why do we need to make holiday cheer?

It soothes the soul and calms the troubled heart. It gives hope to the hopeless and joy to the lonely. It is said that it is better to give than to receive. Consider how you felt when you gave something that made someone happy

good. If we only gave from our surplus then it wasn't enough. A generous heart gives hope. We gave hope to that family this day."

We feel emotion with our hearts, our minds and our senses. To most people, doing bad gives them a troubled conscience or ill

or appreciative. It's a feeling that you will want to experience over and over again.

Therefore the main ingredient in this recipe is to make yourself happy first. To achieve happiness you must acquire a good feeling. Good feelings come from helping others in need, giving to those who are less fortunate, giving your time to be with a lonely person or perhaps just a friendly smile or a helping hand.

The next step once you achieved happiness is to spread it around so others can get a taste of it. They in turn will spread the holiday cheer to others. Before you know it, the air is filled with good will and you, once again, gave hope to the hopeless.

This holiday season, the best gift given is the gift from the heart. Making holiday cheer is inexpensive. It's not too complicated and is simple to attain. It gives us good feelings and happiness.

Give to those in need, be a friend to those who are lonely, smile to those who frown and most of all share your joy with those around you.

This completes the holiday cheer recipe. Enjoy and bon appetit.



photos by Joshua Gilbert (volunteer photographer for Holiday Celebration)

136 SFS homecoming

Photos by Senior Master Sgt. Elizabeth Gilbert
136th Airlift Wing Public Affairs



136th Airlift
Ft. Worth, TX Wing

Governor's 20 Combat Pistol Match

136th Airlift Wing Marksmanship Team **wins** first place



Texas Air National Guard Marksmanship team from the 147 RW, 149 FW and 136 AW form the Air side of the State Marksmanship team to compete amongst Army and State Guard brethren for the State Championship in the combat pistol match at Camp Swift, Texas, Nov. 22, 2013. The 136 AW marksmanship team took first place. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)



U.S. Air Force Staff Sgt. Jeffrey George, 136th Security Forces Squadron, Texas Air National Guard is awarded the Governor's 20 patch to wear proudly on his uniform at Camp Swift, Texas, Nov. 22, 2013. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert/released)



Despite the cold weather, wet and dreary day, the 136th Airlift Wing marksmanship team took first place in the Governor's 20 Combat Pistol Match at Camp Swift, Texas, Nov. 21-23, 2013.

The team comprised of eight members from around the Wing. The members were divided into two teams, team one and team two. Team one took first place in the competition to beat out the best of the Army and State Guard competitors. Staff Sgt. Jeffrey George, 136th Security Forces, made the Governor's 20, an award given to the top 20 shooters in

the State of Texas divided amongst four disciplines. Combat pistol gets eight slots of the 20.

Team one members were Master Sgt. Troy Proctor, Tech. Sgt. Scott Fuller, Tech. Sgt. Craig Alonso and Staff Sgt. George. Team two members were Chief Master Sgt. Del Atkinson, Senior Master Sgt. Dustin Pennington, Tech Sgt. Ryne Chaney and Tech. Sgt. Bradley Puett.





Joint **airborne** air transportability training

Story and photos by Senior Master Sgt. Elizabeth Gilbert
136th Airlift Wing Public Affairs

MCDILL AFB, Fla. -- U.S. paratroopers from all branches of the service participated in a joint airborne air transportability training or known as JAATT, to meet their mission requirements and qualifications for jumping out of an aircraft here, Nov. 15, 2013.

The C-130 Hercules aircraft from the 136th Airlift Wing, Texas Air National Guard provided the airlift for the static line jump and the high-altitude/low-opening (HALO) free-fall jump.

"JAATT is more and more the mission type the 136 AW is requested to do," said Major Marcus Gonser, 136th Operations Group, current operations officer.

With sequestration and a tight budget, joint training is being utilized to its maximum potential. The 136 AW proved that they have what it takes to deliver paratroopers to their designated zone. All sorties scheduled took off on time and on target; the only limiting factor was the weather.



Around the **Wing**



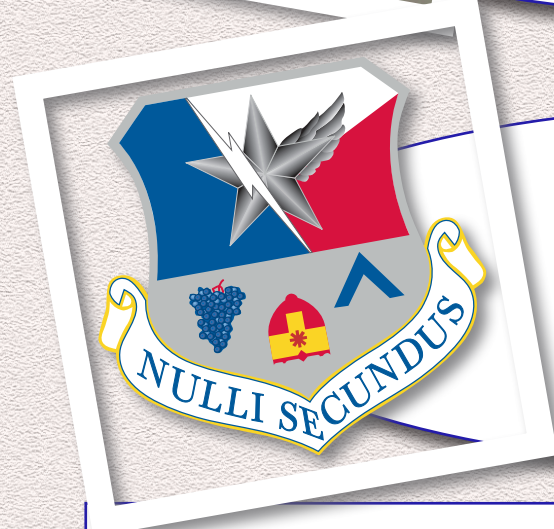
Promotion
**Major
Steven Taylor**

When: Dec 14, 2013
136th Security Forces Squadron
Antiterrorism Officer



Promotion
**Master Sgt.
Ramiro Lopez**

When: Oct. 27, 2013
136th communications Flight
Comm specialist



Promotion
**Lt. Col.
Brad Freeman**

When: Dec. 14, 2013
136th Airlift Wing
Safety Officer

If you have an announcement please submit to
136AW.PA@ang.af.mil

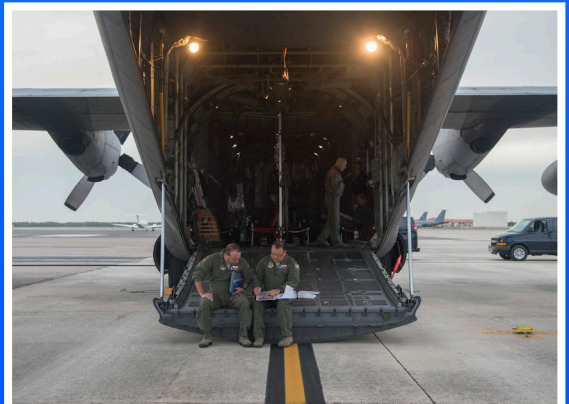
THE HAPPENING

Sunday morning kicked off with a Hometown Heroes award ceremony honoring those who served during Operations Enduring Freedom, Iraqi Freedom and New Dawn. We had several visitors tour our Wing; from Congressman Marc Veasey, U.S. Representative from district 33, who visited the Wing during our Holiday Celebration and Santa who dropped in and gave toys to every girl and boy. (Air National Guard photos by Master Sgt. Charles Hatton, Airman Cody Witsaman and Joshua Gilbert)



The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they show up to do what they do best, they represent the Texas Air National Guard with pride. (National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton and Airman Cody Witsaman)



Legal assistance

by Staff Sgt. Darion Reyes
136th Airlift Wing/Staff Judge Advocate Office

The 136th Airlift Wing Judge Advocate General's Office provides legal assistance to Texas Air National Guard members. They provide a wide range of services to include wills, powers of attorney as well as legal advice or guidance for Guard members. It is important to have a will completed as part of a life-planning step especially when members are tasked for deployments. It is recommended that you have a power of attorney completed to allow another representative to act on your behalf during your absence. If you already have a will or power of attorney it is important to review it periodically to ensure it does not need to be updated. The turnaround time for wills can be more than a few days depending on the volume received by the legal office. Therefore, it is highly advisable that members come in well in advance of a foreseen deployment to have their will and power of attorney completed or updated.

A few of the many services available are notary ser-

vices, legal advice on divorces, adoption, landlord, and child custody issues as well as various consumer issues. Legal services are available to members free of charge during drill weekends. The legal staff is very knowledgeable and resourceful and will go above and

“If you already have a will or power of attorney it is important to review it periodically to ensure it does not need to be updated..”

beyond to ensure our Guard members are prepared for circumstances that may distract them from their mission. The Judge Advocate General's mission statement is to deliver professional, candid, independent counsel and full-spectrum legal capabilities to command and the warfighter, and their staff fully upholds this statement. You can stop by to complete a will or power of attorney worksheet. To initiate the process call (817)-852-3079 to set up a time to come in for legal advice on drill weekends. Please come in and see them or call if you have any questions as to the specific legal services they can provide for you. They are located at 200 Hensley Ave, Bldg 1672, 2nd floor of the Wing Headquarters building.



Whether deploying or coming home, a power of attorney is necessary to execute for emergencies that come up while the member is away. Stop by and see the Jag office for all your legal needs.

It's that time of the **year** again

Commentary by Major Steven Taylor
136th Security Forces Squadron/Antiterrorism Officer

Now that the 2013 holiday shopping season is upon us, we need to be mindful that malls and parking lots become a target rich environment for criminal elements. When out and about looking for that perfect gift remember to maintain your situational awareness. The recent spate of cowardly attacks on unsuspecting victims of the so called "knockout game" have shown us the importance of being aware of your surroundings. In most of the videos aired by the media, the victims were caught completely off guard by their attackers.

Common sense is a good defense against car burglars. Don't leave packages, purses or expensive items in plain view in your car while you shop. Park in a well-lighted area and when you leave, have your keys in your hand ready to unlock your vehicle.

I also recommend that you don't put empty boxes out with your trash to advertise the expensive present you received for Christmas. My parents learned this lesson the hard way when they put the box from their gun safe out with the trash. Their home was burglarized a week later and the burglars demolished a wall in the process of prying the safe out of the closet where it was bolted to the floor. Instead take those boxes to a recycling center. You will be helping the environment and possibly avoid becoming the victim of a crime.

The holidays are also a great time for going out of town to visit family and friends. Make sure to arrange to have your mail delivery stopped or you're your mail picked up by a friend. An overstuffed mailbox and piled up newspapers are an indicator to thieves that no one is



home. Consider placing your lights on a timer to give the appearance of someone being home.

If you are going out of town, be careful of what information you put out on social media. Facebook is always fun at this time of year, however, letting the world know you are going to be out of town for a week might not be the greatest idea you could have. Criminals routinely troll social networking sites for information such as this. You don't want to come home to a burglarized house.

The holiday season also means that criminal elements will attempt to conduct fraud using identification cards, credit cards, and scams. Criminals may also employ credit card skimmers, which are available online. Criminals have been known to place after-market skimmers over legitimate card readers at ATMs, leaving victims susceptible to identity theft. Some credit card companies have fraud alert programs you can enroll in which will notify you of suspicious activ-

ity on your account.

Finally, If you are traveling abroad, remember overseas, hotels, and large shopping centers remain a viable target for terrorist groups, such as al-Qa'ida and Lashkar-e Taybli. Remember to put into practice the Force Protection training you have received at home station.

My intention is not to frighten anyone. My hope is to encourage everyone to be vigilant so your holidays will be memorable for all the right reasons.

Remember, Every Airman is a Sensor! If you see something suspicious report it to your local law enforcement, AFOSI or Security Forces.

Have a blessed, Happy and safe Holiday Season!

Major Steven Taylor
136 AW Anti-Terrorism Officer
136 AW Trafficking in Persons
Coordinator
COMM: 817-852-3478
BB: 817-658-6132



Holiday dinners can tempt us to disregard our diets. Remember everything is in moderation...mange your portion control and eat healthy, live long and prosper. Happy Holidays and Bon appetite!

Portion **control** is key

Commentary by Chief Master Sgt. Edward Walden
NGB Force Support/Services Functional

The Holiday season is fast approaching. Usually the time period between Thanksgiving and New Years is when we find many tempting treats that may take us off the path of healthy eating. No worries...we are allowed to treat ourselves every once in a while (or for full month if we so desire). However, there is a huge difference between a reward and complete gluttony. The key is portion control.

Everything in moderation is a mantra you can stick to if you wish to keep true to your healthy living lifestyle. Is it okay to eat a cookie or two? Sure. Is it okay to sit down with the carton of chocolate chip cookies and eat a whole row? No, not really. That used to be my limit...I would say "everything in moderation" and make sure I limit myself to just one row of cookies and not the whole carton. One row of cookies is about 20 cookies....That one row, with a full glass of milk weighed in at nearly 1,140 calories. Everything in moderation....

Here are a few things to keep in mind:

1 Peanut butter cookie with a chocolate kiss in the middle equals 93 calories. Have one...not five.

2 three inch Latkes weigh in at 289 calories. Enjoy, but limit yourself to two as a treat.

Enjoy Popcorn balls? They are only 43 calories each...Have a few...no worries here.

How about a Candy Cane? No problem...a five ounce candy cane is only 60 calories.

A six ounce cup of Egg Nog (unleaded) is 230 calories. That is a lot of calories for such a small glass.

Please go ahead and treat yourself this Holiday season. Enjoy the time you spend with your family and friends. Just remember to limit yourself, portion out your treats and everything in moderation. Doing so will make burning those calories a lot easier when we ring in the New Year.

The 136th Airlift Wing is on Facebook!!

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136

AW Airmen in action. Stay tuned for inclement weather base closure information - now on Facebook.

<http://www.facebook/136AW>

Wing Safety Snip-Its

Holiday Safety

by Senior Master Sgt. Donald Seymore
136 AW Wing Safety Office

Each year, 12,500 people are treated at hospital emergency rooms for injuries such as falls, cuts and shocks related to holiday lights and decorations, according to the Consumer Product Safety Commission (CPSC). They recommend:

Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Stay away from power or feeder lines leading from utility poles into older homes.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks.

Or, run strings of lights through hooks (available at hardware stores).

Turn off all holiday lights when you go to bed or leave the house. The lights could short out and start a fire.

Use caution when removing outdoor holiday lights. Never pull or tug on lights - they could unravel and inadvertently wrap around power lines.

Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

**Questions, Comments, Concerns? Contact the
136th Safety Office at 817-852-3210.**

3C3X1 - COMMAND POST
JIW0X2 - (5) COMBAT WEATHER
1A1X1 - (2) FLIGHT ENGINEER
1A2X1 - (3) LOADMASTER
3E4X1 - (2) WATER/FUEL SYSTEMS
3D0X3 - CYBER SYSTEMS SURETY
3E2X1 - (2) PAVE/CONSTRUCTION EQUIPMENT
1P0X1 (E-8/E9) - AIRCREW FLIGHT EQUIPMENT
2T3X1 - VEHICLE EQUIPMENT MAINTENANCE
2T2X1 - (2) AIR TRANSPORTATION
2A5X1 - (2) AEROSPACE MAINTENANCE
2A6X5 - (2) AIRCRAFT HYDRAULICS
1C7X1 - AIRFIELD MANAGEMENT
3M0X1 - (2) SERVICES
3N0X5 - (1) PHOTOJOURNALIST

Officer Billets please visit www.agd.state.tx.us or Texas Military Forces for officer vacancies.